



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Witting, Ramona

Club: Geratal
Number: 358

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 59:26

Speed: 10.10 km/h
Running performance: 5:56 min/km

Rank in course/Total: 57 (of 66)
Rank in course/Women: 14 (of 18)
Best time in course: 41:08

Rank in category: 3(of 4)
Best time in the category: 51:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.67	9:16	5:32	3	1:28	15	2:37	1.67	9:16	5:32	3	1:28	15	2:37
Lap 2	2.35	13:58	5:56	2	1:57	13	4:25	4.02	23:14	5:46	2	3:25	14	7:02
Lap 3	2.35	14:02	5:58	3	1:45	14	4:17	6.37	37:16	5:51	2	5:10	13	11:19
Lap 4	2.35	14:08	6:00	3	1:33	14	4:19	8.72	51:24	5:53	3	6:43	14	15:38
Last lap Finish	1.28	8:02	6:16	3	1:12	14	2:40	10.00	59:26	5:56	3	7:55	14	18:18